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| Course | Exercise and Health Sciences |
| Credit Hrs | 15, 5-Anatomy & Physiology, 5-PE, 5-Elective |
| Section | 7:35-10:00 and 12:20-2:45 |
| Time/Days | M-F |
| Classroom | CEC Rm 102 and 106 |
| Instructor | Bette Johnston |
| Office | Rm 102 |
| Phone | 720-423-6610 |
| Fax | 720-423-6604 |
| E-Mail | [Bette\_johnston@dpsk12.org](mailto:Bette_johnston@dpsk12.org) |
| Office Hours | 7:00 – 7:30 and 2:45 – 3:45 Mon, Wed, Thurs |
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| Text | American Council on Exercise Essentials of Exercise Science for Fitness Professionals, most current edition  American Council on Exercise Personal Training Handbook, most current edition  American Heart Association CPR for Healthcare Professionals, most current edition  Medical Terminology for Health Professionals, most current edition |

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**Course Description**:

The Exercise and Health Sciences Program is for the individual who enjoys physical activity and is interested in learning the science and psychology involved in adopting an active healthy lifestyle and working in the industry. Students acquire skills in strength training, cardiovascular training, fitness assessment, diet evaluation, and body mechanics. Students study human anatomy and physiology, exercise modalities, nutrition, and CPR. Students use this knowledge and apply these skills during job shadowing in fitness and research facilities, working with students from other programs, and in the classroom.

**Grading:**

You will be evaluated on homework, quizzes, in-class assignments, activities, and tests. Homework will count 30% of your total grade for Anatomy and Physiology. The percentages are as follows:

Letter grades are assigned as follows:

A : 90 – 100 Superior mastery of course objectives

B : 80-89 Better than average mastery of course objectives

C : 70-79 Minimum acceptable mastery of course objectives

D : 60-69 Less than acceptable mastery of course objectives

F : Below 60 Fails to demonstrate achievement of course objectives

**Homework Guidelines**:

Homework will be assigned 2 – 4 times per week. Completed assignments handed in early or on time have the potential to earn maximum points. Homework turned in after the due-date will receive partial credit and only accepted up to two days after the due date. Turning in assignments and projects on time is expected.

**Prerequisites**:

None, but biology is advised.

**Final Exam:**

Written exam and demonstration of skills

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### Policies

**Attendance:**

Students are expected to attend class daily. When absent, high school students must have their parent of guardian call the main office at 720-423-6600 and inform the school of the reason for the absence. Parents and guardians may use this number 24 hours a day and leave messages in English or Spanish. Work missed during an absence may be made up following classroom procedures. If the absence is unexcused, make-up work will receive partial credit.

**Student Code of Conduct:**

Students will be timely. Respect between students and teacher is an expectation. Participation in workouts is an integral part of the program, as are field trips. Developing business skills such as telephone skills, shaking hands, making eye contact and good posture is expected.

**Expected Behaviors:**

Be respectful and considerate to everyone. Be cooperative as no one has the right to keep someone else from learning. Keep the classroom neat. There will be no consumption of food or drink (other than water) in the classroom without special permission. Always come to class with appropriate materials, pens, papers, textbooks and notes. Cell phones will be turned off and placed on the desks/tables in front of the student. They will be used often in the context of the class at Ms. J’s instruction but are not mandatory.

**Academic Integrity:**

Plagiarism is literary theft of another author’s ideas and/or exact words, without giving proper credit to the source or claiming them as your own. Plagiarism is a serious ethical offense and may be grounds for the student’s failure in this class. Students may not allow their work to be copied by another student. Cheating or copying of any kind is forbidden.

#### Quiz and Test Retakes/ Make-ups:

Getting information on missed material and work is the students’ responsibility. Use the “Work Missed” form and follow all directions. Students have two days to make up work and schedule time to take quizzes and tests that were missed because of an absence in order to receive full credit. Turning in all work missed, taking tests and quizzes that were missed are an expectation.

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## Tentative Course Schedule

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| Week 1 | Intro to course and materials Exercise Science | Weight Room Orientation/Safety Test  Intro |  |
| Week 1 | Exercise Science |  |  |
| Week 2 | Exercise Science |  | Skills Practice and Review  Skills Test |
| Week 3 | Exercise Science |  | EES Ch 1 Human Anatomy |
| Week 4 | Exercise Science |  | EES Ch 1 p. 30-64 |
| Week 5 | ACE IFT Model | Intro and Assessments | EES Ch 1 p. 30-64E |
| Week 6 | ACE IFT Model | Functional Programming | EES Ch 1 p.30-64 |
| Week 7 | ACE IFT Model | Cardiorespiratory Training | EES Ch 1 p. 30-64 |
| Week 8 | ACE IFT Model | Resistance Training | EES Ch 1 p. 30-64 |
| Week 9 | ACE IFT Model | In Practice | EES Ch 1 p. 30-64 |
| Week 10 | Exercise Programming | Special Populations | Text and Handouts |
| Week 11 | Exercise Programming | Special Populations | EES Ch 4 p. 160-211 |
| Week 12 | Leadership and Implementation | Communication | EES Ch 4 p. 160-211 |
| Week 13 | Leadership and Implementation | Communication | EES Ch 4 p. 160-211 |
| Week 14 | Leadership and Implementation | Adherence and Motivation | EES Ch 3 p. 105-156 |
| Week 15 | Leadership and Implementation | Adherence and Motivation | EES Ch 3 p. 105-156 |
| Week 16 | Emergencies | CPR/First Aid |
| Week 17 Emergencies CPR/First Aid | | | | |
| Week 18 Portfolios Finalize Documents | | | | |
| Week 20 Final Exam Review and Test | | | | |

The above schedule may be changed at the discretion of the instructor to meet the special needs of the class.

###### Colorado Community College Common Courses

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| Standard Competencies |

□ I have received a copy of the syllabus

□ I understand the requirements for this course

□ I understand the conditions I must meet to qualify for a satisfactory progress grade or SP extension

□ I received the student code of conduct and am responsible for its contents

# **Student’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent’s Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_